



Distance	Warm-up:	
400	200m relaxed pull: regroup as rest 2 x 50m CSS R10 2 x 50m Fast R10	
900	Main set:	Notes
800	3 x 100m as: 25m Ez – 50m fast – 25m Ez R10 3 x 100m as: 25m Ez – 75m fast R10 3 x 100m fast R10 1 minute bonus rest 4 x 200m as: #1 100m CSS – 100m fast #2 75m CSS – 125m fast #3 50m CSS – 150m fast #4 200m fast	Regroup as rest no chatting
2200	Cool-down:	
	100m	